

Hints and Tips about wrist position when cutting food

Suggestions for choosing knives

When choosing a kitchen knife bear in mind the position your wrist will be in when using it. The diagrams below show the type of knife handle that will allow your wrist to be in a good neutral position.



Courtesy of Peta (UK) Ltd

The good neutral wrist position shown puts less strain on the joint, maximising strength by using the power of your whole arm. This makes the task easier and safer as you may have better control over the movement.